

PLACING YOUR WELL-BEING FIRST SHOULD NEVER COME LAST

Selfish For Your Health, LLC

Dance, Fitness, Health and Wellness

OFFICE HOURS:

Monday - Friday

5:00 p.m. - 8:00 p.m.

E: SelfishforYourHealth@gmail.com

P: 973-302-5313

Empowering women to unapologetically reframe the word, "self-fish" by placing their health first without guilt. Together we are redefining self-care to make health and personal wellbeing a number one priority. Call us today!





EMOTIONAL AND MENTAL HEALTH RESOURCES

Disclaimer

- Always communicate any changes in your health to your primary care provider. If your need of direct assistance, please contact your primary care provider or a mental health clinician.
- If you're experiencing a mental health emergency, suicidal thoughts or medical emergency please call 911 for immediate care.
- The information provided is intended for use as a resource and for educational purposes only.
- Selfish for Your Health, LLC does not recommend or endorse any clinicians, counselors, psychiatrists, social workers, physicians, products, procedures, opinions, or other information that may be mentioned within this document. Reliance on any information provided by Selfish for Your Health, LLC appearing on the document is solely at your own risk.

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EMOTIONAL AND MENTAL HEALTH RESOURCES

Special Note

Selfish for Your Health believes that placing your well-being first should never come last. We hope you find the mental health resources listed within this document helpful.

We have listed four options including your employer, health insurance, primary care physician, and external resources as methods of support.

Please remember, always communicate your health needs to your provider. Thank you for allowing us to serve you.

Sincerely,

Tiffany Taylor, MPH, NBC-HWC, ACSM-EIM2, CMES
CEO, Selfish for Your Health, LLC

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Immediate Support:

If you're having suicidal thoughts, call 1-800-273-TALK (8255) to talk to a skilled, trained counselor at a crisis center in your area at any time.

National Suicide Prevention Lifeline

Description: We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Phone: 1-800-273-TALK (8255)

Site: www.suicidepreventionlifeline.org

Crisis Text Line

Description: Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform. The goal of any conversation is to get you to a calm, safe place.

Phone: Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.

Site: <https://www.crisistextline.org/texting-in>

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Option 1: Employer Support: Employee Assistance Program (EAP):

Description:

An **Employee Assistance Program (EAP)** is a voluntary, work-based program that offers free and confidential counseling services to employees who have personal and/or work-related problems affecting mental and emotional well-being. Topics include but are limited to alcohol, substance abuse, stress, grief, family problems, and psychological disorders.

Eligibility:

Many companies offer EAP services to per diem, part-time and/or full-time staff members but most employees are not aware of this benefit. You, your spouse, or family member can receive multiple counseling sessions for free (Family eligibility varies by company).

Arrange to Meet with EAP to set up Therapy:

- Contact your company's human resource department
- Ask HR if they offer EAP services.
- Ask if your eligible
- Ask how many free sessions are offered to you as benefit per year
- Contact your employer EAP number
- Someone will help to connect with you with a therapist.

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Option 2: Employer Support: Contact Your Company's Health Insurance Provider:

Description:

If you are enrolled under your **company or your spouse's medical insurance**, you can call your insurance provider to connect with a therapist covered under your benefit plan.

Call the insurance provider number located on your back of your insurance card to speak with a representative and/or download the insurance carrier app to search for a mental health provider.

Eligibility:

An insurance representative can help you determine in-network services. Please make sure to ask about co-pay per session.

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EMOTIONAL AND MENTAL HEALTH RESOURCES

Option 3: Contact your Primary Care Physician About your Mental Health

Description:

Communicating with you doctor regarding your mental health is important in connection to your quality of life. Receiving the proper care and treatment plan for your mental well-being is imperative especially during the current times. Talk to your doctor if you notice changes in your emotional state.

Your physician will help you with the following:

- Ask questions about your symptoms
- Ask about your thoughts and feelings
- Provide you with reassurance
- Connect you to the proper resources or treatment
- Recommend lifestyle changes
- Refer you to a specialist if appropriate
- Provide follow-up appointments to monitor how you are responding to treatment (FamilyDoctor.org)

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EMOTIONAL AND MENTAL HEALTH RESOURCES

Option 4: External Resources:

Description:

Find an external resource to seek the right therapist which fits your needs. Please see below for suggested providers.

Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. Find a directory of therapist for Black girls in your area.

Site: <https://providers.therapyforblackgirls.com/>

Hope Therapeutic Services

We're dedicated to instilling hope through the use of evidence-based interventions. Our practice is designed to meet the needs of the members of our community by offering a variety of therapists with diverse backgrounds and specialties. It is our goal to match clients with a therapist that fits their needs.

Phone: (862) 505-9191

Site: <https://hopetsllc.com/>

Location: 500 Prospect Ave Suite 300, West Orange, NJ 07052

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Option 4: External Resources:

Open Path Collective

Open Path Psychotherapy Collective is a nonprofit nationwide network of mental health professionals dedicated to providing in-office and online mental health care—at a steeply reduced rate—to clients in need. Our therapists provide affordable, in-office and online psychotherapy sessions between **\$30 and \$60**. (between \$30 and \$80 for couples & family sessions)

Site: <https://openpathcollective.org/>

Family Healing Center NJ

Our Vision is to strengthen individuals and families to cope with life challenges free from maladaptive behaviors and addictive substances so that our clients live in wholeness with passion and purpose.

Phone: 973-251-2874

Site: www.familyhealingcenternj.com

Location: 349 East Northfield Road, Suite LL5, Livingston, New Jersey 07039

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Option 4: External Resources:

Dr. Damita "Faith" Lucas

Damita Lucas is an adamant and fervent believer in the Power of God for change, second-chances and breakthrough living for whosoever. She ministers in many capacities to impart unchanging and eternal principles into the lives of others through counseling, teaching, life coaching, preaching and strategic intercession with giftings and training to lead and impact others with a power greater than themselves. She utilizes her platforms to usher others into improved mental, emotional and spiritual health. Dr. Damita Lucas's motto is "Mission-minded.

Site: <https://damitafaithlucas.com/#services>

Awaken Me

Solution - Focused Approach; Supporting Clients in Living to Their Fullest Potential. Need assistance to feel empowered? Looking for solutions to life challenges? I utilize a variety of therapeutic techniques and instructions equipping you with the strategies and apparatuses for solution-based thinking! Helping you to get out of that rut! Making progress and moving forward.

Phone: (862) 800-5903

Site: <https://awakenmellc.com/>

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NOTES

A large rectangular area with a light orange background and horizontal white lines, intended for taking notes.

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